

# HEALTH EDUCATION PROGRAMS

Empowering YOU to improve your health



Cigna Medical Group provides the tools and support you need to develop and maintain a healthy lifestyle. Our highly-trained, degreed and credentialed health educators, dietitians and registered nurses teach these sessions across the Valley. All of our programs are interactive and include materials that will help you make positive lifestyle choices.

## Group Programs and Classes

### Chronic Disease Self-Management Program\*

Don't let a chronic disease diagnosis stop you from living your best life! This program, developed and evaluated by Stanford University, is helpful for all chronic conditions – not just a single disease. Some of the topics include: managing frustration, fatigue, pain and isolation; exercise; healthy eating; goal-setting and problem-solving. *Participants meet for 2.5 hours a week for 6 weeks.*

### “Weight-to-Go!”

#### Weight Management Program\*

Do you know what to eat, when to eat and how to track your progress? This program gives you the tools, knowledge and skills necessary to manage your weight through healthy eating, physical activity and positive lifestyle choices. *Participants meet for 1 hour a week for 12 weeks.*

### Healthy Eating Seminar\*

Would you like to learn simple and easy tips to help control your blood pressure or cholesterol? This 90-minute class is a perfect fit to get you on track to eating a heart-healthy diet.

### Tai Chi Fitness

Tai Chi integrates the body, mind and spirit – that may result in improved flexibility, balance and coordination. *Participants meet for 1 hour a week for 10 weeks.*

### Diabetes Self-Management Program\*

Do you need help and support in managing your diabetes? We will provide you with the information, direction and tools to help you gain control of your diabetes. Depending on your needs, we offer several options:

- **Assessment:** A 1-hour appointment with a diabetes educator to develop and discuss your personalized action plan.
- **Basic Class Series:** These classes address the key issues in diabetes self-management. Program length varies by location.
- **Diabetes Q&A Session:** This 2-hour interactive workshop connects you with diabetes health educators who will answer your questions and give you the tools you need to gain control of your diabetes.
- **Gestational Diabetes Education:** If you are diagnosed with diabetes during pregnancy, our diabetes health educators will meet with you one-on-one to develop a personalized action plan to help you deliver a healthy baby.



\*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.



### Medical Nutritional Therapy

Your doctor may recommend that you consult with a registered dietitian for individual medical dietary advice. During this 1-hour session, you will learn what nourishment is best for you based on the condition you are managing.

### Tobacco Cessation and Referral

If you are interested in quitting tobacco, make an appointment with your doctor today so you can develop a plan of action for quitting. We can help you by facilitating a referral to the Arizona Smoker's Helpline (ASHLine)\*\* that specializes in tobacco cessation counseling.

### Fall Prevention Program

Do you have a fear of falling? Ask your doctor for your *free* Fall Prevention DVD or brochure to help you reduce your chances of falling.

### Programs are **FREE** to Cigna Medicare members

For other customers, depending on your health plan coverage, you may be charged for classes. Call the phone number on the back of your Cigna ID card to determine if this is a covered benefit.

**Preregistration is required.** Classes that do not meet the minimum enrollment requirement may be cancelled or rescheduled.

**For more information, to find a class location near you or to register:**

- Call us at **623.876.2355**,
- Email us at **CMGHealthEducation@Cigna.com** or
- Visit us at **CignaMedicalGroup.com/HealthEd**.



Take a virtual tour of  
Cigna Medical Group.



**Cigna Medical Group** is an NCQA recognized Patient-Centered Medical Home



**Cigna Medical Group** is the group medical practice for Cigna HealthCare of Arizona's Medicare Advantage Plan,<sup>1</sup> the highest-rated plan in Arizona, with 4.5 out of 5 stars for 2013 by [www.medicare.gov](http://www.medicare.gov)

<sup>1</sup> Plan performance summary star ratings are assessed each year and may change from one year to the next.

\*Spouse/Caregiver can attend at no cost if accompanying a Cigna customer.

Children are typically referred to Phoenix Children's Hospital for age-appropriate resources. Older children/young adults are welcome to participate if accompanied by a parent or guardian. Paying customers must pay in full by check, money order or credit card prior to the start of the first class. (No cash please.) A 24-hour cancellation notice is necessary to receive a full refund. Refunds are issued by check.

\*\* The Arizona Smokers' Helpline is made available as a free service to the citizens of Arizona through funding provided by the Tobacco Tax and Health Care Act, as disbursed by the Arizona Department of Health Services Bureau of Tobacco and Chronic Disease (BTCD) in partnership with the Mel and Enid Zuckerman College of Public Health at the University of Arizona.

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